



The Mental Health Continuum Model

We all have mental health. By recognizing when we are experiencing the physical or emotional effects of stress, we can take steps to return to a healthy and regulated state of mental wellbeing. Check-in with yourself often and take steps when you are not ok.



HEALTHY “I got this!”	REACTING “Something isn’t right.”	INJURED “I can’t keep this up.”	ILL “I can’t survive this.”
<ul style="list-style-type: none"> Normal changes in mood You take things in stride You can laugh at funny things You are able to do the things you usually do in a day You are physically active and connecting with people in some way You have confidence in yourself and in those around you Drinking alcohol or consuming cannabis in moderation, or not at all 	<ul style="list-style-type: none"> Nervousness, irritability Sadness, overwhelmed Displaced sarcasm Procrastination Forgetfulness Trouble sleeping Low energy Muscle tension, headaches Dismissing responsibilities Activities and relationships you have enjoyed in the past seem less interesting Drinking or consuming cannabis regularly or in binges to manage stress 	<ul style="list-style-type: none"> Anxiety, anger Ongoing sadness, crying, hopelessness Negative attitude Difficulty concentrating Trouble making decisions Decreased performance at work or school Regularly missing appointments Not sleeping well Avoiding conversations and interactions with friends or family Increased use of alcohol or other substances – hard to control 	<ul style="list-style-type: none"> Excessive anxiety Panic attacks Easily angered Depressed mood/numb Cannot concentrate Cannot make decisions Cannot sleep/exhausted Continually feeling tired or ill with no known reason Withdrawing from contact with friends and family Suicidal thoughts or intent to harm yourself Hearing or seeing things not there Alcohol or other addictions
<ul style="list-style-type: none"> Keep doing what you are doing. Stay focused on the positive things in your life. Understand how you react to stress Call or text 211 to understand resources before they are needed 	<ul style="list-style-type: none"> Recognize your limits Remember it's ok to not feel ok, reach out Take breaks often Seek support by talking to someone you trust Call or text 211 Text “CONNECT” to 686868 	<ul style="list-style-type: none"> Talk to your doctor Keep connected with people you know Talk to someone you trust, ask for help Call the Rural Distress Line 1-800-232-7288 Text “CONNECT” to 686868 	<ul style="list-style-type: none"> If you are in immediate harm Call 911 Talk to your doctor Call the Rural Distress Line 1-800-232-7288 Mental Health Help Line 1-877-303-2642 Text “CONNECT” to 741741